

# VEDANĀSAMĪYUTTAM

## SN 36

### I. sagāthāvaggo

#### SAMĀDHISUTTAM

#### SN 36:1

“tisso imā, bhikkhave, vedanā. katamā tisso? sukhā vedanā, dukkhā vedanā, adukkhamasukhā vedanā – imā kho, bhikkhave, tisso vedanāti.	“Bhikkhus, there are these three feelings. Which three? Pleasant feeling, painful feeling, neither- painful-nor-pleasant feeling. Bhikkhus, these are the three feelings.”
“samāhito sampajāno, sato buddhassa sāvako vedanā ca pajānāti, vedanānañca sambhavaṃ.. “yattha cetā nirujjhanti, maggañca khayagāmināṃ. vedanānaṃ khayā bhikkhu, nicchāto parinibbuto”ti..	"Composed, aware, A disciple of the Buddha is mindful. He understands feeling, And the origin of feeling.. "And wherever they cease And the path leading to their destruction. With the destruction of feeling, a bhikkhu Is without desire, fully extinguished.."

#### SUKHASUTTAM

#### SN 36:2

“tisso imā, bhikkhave, vedanā. katamā tisso? sukhā vedanā, dukkhā vedanā, adukkhamasukhā vedanā – imā kho, bhikkhave, tisso vedanāti.	Bhikkhus, there are these three feelings. Which three? Pleasant feeling, painful feeling, neither- painful-nor-pleasant feeling. Bhikkhus, these are the three feelings."
“sukhaṃ vā yadi vā dukkhaṃ, adukkhamasukhaṃ saha. ajjhatañca bahiddhā ca, yaṃ kiñci atthi veditaṃ.. “etaṃ dukkhanti ñatvāna, mosadhammaṃ palokinaṃ. phussa phussa vayaṃ passaṃ, evaṃ tattha virajjati”ti..	"Whether pleasant or painful, Together with neither-painful-nor-pleasant feeling, Internal and external Whatever there is that is felt.. "Having understood: ‘This is suffering’ Having a deceptive nature, subject to decay, Having been pressured and pressured, seeing the decay In this way one becomes dispassionate there.."

#### PAHĀNASUTTAM

#### SN 36:3

“tisso imā, bhikkhave, vedanā. katamā tisso? sukhā vedanā, dukkhā vedanā, adukkhamasukhā vedanā. sukhāya, bhikkhave, vedanāya rāgānusayo pahātabbo, dukkhāya vedanāya paṭighānusayo pahātabbo, adukkhamasukhāya vedanāya avijjānusayo pahātabbo. yato kho, bhikkhave, bhikkhuno sukhāya vedanāya rāgānusayo pahīno hoti, dukkhāya vedanāya paṭighānusayo pahīno hoti, adukkhamasukhāya vedanāya avijjānusayo pahīno hoti, ayaṃ vuccati, bhikkhave, ‘bhikkhu niranusayo sammaddaso accheccchi [acchejji (bahūsu)] taṇhaṃ, vivattayi [vāvattayi (sī.)] saṃyojanaṃ, sammā mānābhisaṃmayā antamakāsi dukkhassā”ti.

Bhikkhus, there are these three feelings. Which three? Pleasant feeling, painful feeling, neither-painful-nor-pleasant feeling. Bhikkhus, the underlying tendency of passion towards pleasant feeling should be abandoned. Bhikkhus, the underlying tendency of repulsion towards painful feeling should be abandoned. Bhikkhus, the underlying tendency of ignorance towards neither-painful-nor-pleasant feeling should be abandoned. Bhikkhus, when the underlying tendency of passion towards pleasant feeling is abandoned, when the underlying tendency of repulsion towards painful feeling is abandoned, when the underlying tendency of ignorance towards neither-painful-nor-pleasant feeling is abandoned, this, bhikkhus, is called: “A bhikkhu without underlying tendencies, seeing rightly, who has cut off craving, who has removed the fetters, who has made an end to suffering by properly understanding conceit.”

“sukhaṃ vedayamānassa [vediyamānassa (sī. pī.)],

"For one feeling pleasure,

vedanaṃ appajānato.

Not understanding feeling,

so rāgānusayo hoti,

There is the underlying tendency of passion

anissaraṇadassino..

For one who does not see the escape..

“dukkhaṃ vedayamānassa,

"For one feeling pain,

vedanaṃ appajānato.

Not understanding feeling,

paṭighānusayo hoti, anissaraṇadassino..

There is the underlying tendency of repulsion, for one who does not see the escape..

“adukkhamasukhaṃ santaṃ,

"Neither-pain-nor-pleasure, peace,

bhūripaṇṇena desitaṃ.

has been taught by extensive understanding.

tañcāpi abhinandati,

If one even delights in that,

neva dukkhā pamuccati..

One is still not freed from suffering..

“yato ca bhikkhu ātāpī,

"But whenever an ardent bhikkhu

sampajaññaṃ na riñcati.

does not neglect awareness,

tato so vedanā sabbā,

From this, all feelings

parijānāti paṇḍito..

The wise man fully understands..

“so vedanā pariññāya,

"Having fully understood feelings,

ditṭhe dhamme anāsavo.

He is free from outflows in this world

kāyassa bhedaṃ dhammaṭṭho,

With the break up of the body, one who stands in the Dhamma,

saṅkhyāṃ nopeti vedagū”ti..

One who has attained full wisdom cannot be determined.."

“assutavā, bhikkhave, puthujjano yaṃ vācaṃ bhāsati – ‘atthi mahāsamudde pātālo’ti. taṃ kho asantaṃ avijjamānaṃ evaṃ vācaṃ bhāsati – ‘atthi mahāsamudde pātālo’ti. sārīrikānaṃ kho etaṃ, bhikkhave, dukkhānaṃ vedanānaṃ adbhivacanaṃ yadidaṃ ‘pātālo’ti. assutavā, bhikkhave, puthujjano sārīrikāya dukkhāya vedanāya phuṭṭho samāno socati kilamati paridevati urattāliṃ kantati sammohaṃ āpajjati. ayaṃ vuccati, bhikkhave, ‘assutavā puthujjano pātāle na paccuṭṭhāsi, gādhāñca nājjhagā’ sutavā ca kho, bhikkhave, ariyasāvako sārīrikāya dukkhāya vedanāya phuṭṭho samāno neva socati, na kilamati, na paridevati, na urattāliṃ kantati, na sammohaṃ āpajjati. ayaṃ vuccati, bhikkhave, ‘sutavā ariyasāvako pātāle paccuṭṭhāsi, gādhāñca ajjhagā’”ti.

"Bhikkhus, an uninstructed ordinary person says the saying: ‘There is an abyss in the great ocean’. But, bhikkhus, the uninstructed ordinary person says this saying in this way – ‘There is an abyss in the great ocean’ – regarding something that doesn’t exist, something that can’t be found. Bhikkhus, this is a designation for painful bodily feeling, that is: ‘abyss’. Bhikkhus, an uninstructed ordinary person, being touched by painful bodily feeling, sorrows, is troubled, laments, beats his breast, cries, becomes bewildered. Bhikkhus, this is called: ‘an uninstructed ordinary person who hasn’t risen from the abyss and hasn’t found a foothold’. Bhikkhus, an instructed noble disciple, being touched by painful bodily feeling, does not sorrow, is not troubled, does not lament, does not beat his breast, does not cry, does not become bewildered. Bhikkhus, this is called: ‘an instructed noble disciple who has risen from the abyss and has found a foothold’.

“yo etā nādhivāseti,

"Whoever can’t endure

uppannā vedanā dukhā.

Arisen painful feelings

sārīrikā paṇaharā,

Of the body, which can take away one’s life,

yāhi phuṭṭho pavedhati..

Touched by these, one is agitated..

“akkandati parodati,

"He cries, he wails,

dubbalo appathāmako.

Weak, with little strength.

na so pātāle paccuṭṭhāsi,

He hasn’t risen from the abyss,

atho gādhampi nājjhagā..

And he hasn’t found a foothold..

“yo cetā adbhivāseti,

"But whoever endures

uppannā vedanā dukhā.

Arisen painful feelings

sārīrikā paṇaharā,

Of the body, which can take away one’s life,

yāhi phuṭṭho na vedhati.

Touched by these, one isn’t agitated.

sa ve pātāle paccuṭṭhāsi,

He has risen from the abyss,

atho gādhampi ajjhagā”ti..

And he has found a foothold.."

“tisso imā, bhikkhave, vedanā. katamā tisso? sukhā vedanā, dukkhā vedanā, adukkhamasukhā vedanā. sukhā, bhikkhave, vedanā dukkhato daṭṭhabbā, dukkhā vedanā sal-lato daṭṭhabbā, adukkhamasukhā vedanā anic-cato daṭṭhabbā. yato kho, bhikkhave, bhikkhuno sukhā vedanā dukkhato diṭṭhā hoti, dukkhā vedanā sallato diṭṭhā hoti, adukkhamasukhā vedanā aniccato diṭṭhā hoti – ayaṃ vuccati, bhikkhave, ‘bhikkhu sammaddaso acchechhi taṇhaṃ, vivattayi saṃyojanaṃ, sammā mānābhisamayā antamakāsi dukkhassā’”ti.

"Bhikkhus, there are these three feelings. Which three? Pleasant feeling, painful feeling, neither-painful-nor-pleasant feeling. Bhikkhus, pleasant feeling should be seen as painful, painful feeling should be seen as an arrow, neither-painful-nor-pleasant feeling should be seen as impermanent. Bhikkhus, when for a bhikkhu pleasant feeling is seen as painful, painful feeling is seen as an arrow, neither-painful-nor-pleasant-feeling is seen as impermanent – this, bhikkhus, is called: ‘a bhikkhu who sees rightly, who has cut off craving, who has removed the fetters, who has made an end of suffering by properly understanding conceit’.

“yo sukhaṃ dukkhato adda,

"Whoever has seen pleasure as painful,

dukkhamaddakkhi sallato.

Who has seen pain as an arrow,

adukkhamasukhaṃ santaṃ,

Neither pain-nor-pleasure, peace

addakkhi naṃ aniccato..

Who has seen that as impermanent,

“sa ve sammaddaso bhikkhu,

"He is a bhikkhu who sees rightly,

parijānāti vedanā.

He has fully understood feelings.

so vedanā pariññāya,

Having fully understood feelings,

diṭṭhe dhamme anāsavo.

He is free from outflows in this world.

kāyassa bhedaṃ dhammaṭṭho,

With the break up of the body, one who stands in the Dhamma,

saṅkhaṃ nopeti vedagū”ti..

One who has attained full wisdom cannot be determined.."

**SALLASUTTAM**

**SN 36:6**

“assutavā, bhikkhave, puthujjano sukhampi vedanaṃ vedayati [vediyati (sī. pī.)], dukkhampi vedanaṃ vedayati, adukkhamasukhampi vedanaṃ vedayati. sutavā, bhikkhave, ariyasāvako sukhampi vedanaṃ vedayati , dukkhampi vedanaṃ vedayati, adukkhamasukhampi vedanaṃ vedayati. tatra, bhikkhave, ko viseso ko adhippayāso [adhippāyo (sī. ka.), adhippāyaso (syā. kaṃ.), adhippāyoso (pī.)] kiṃ nānākaraṇaṃ sutavato ariyasāvakassa assutavatā puthujjanenā”ti?

“Bhikkhus, an uninstructed worldling feels a pleasant feeling, feels a painful feeling and feels a neither-painful-nor-pleasant feeling. Bhikkhus, an instructed noble disciple feels a pleasant feeling, feels a painful feeling and feels a neither-painful-nor-pleasant feeling. Bhikkhus, what is the distinction, what is the disparity, what is the difference between the instructed noble disciple and the uninstructed ordinary person?”

bhagavaṃmūlakā no, bhante, dhammā...pe....  
 assutavā, bhikkhave, puthujjano dukkhāya  
 vedanāya phuṭṭho samāno socati kilamati par-  
 idevati urattāliṃ kandati sammohaṃ āpajjati. so  
 dve vedanā vedayati – kāyikañca, cetasikañca.  
 seyyathāpi, bhikkhave, purisaṃ sallena  
 vijjheyya [sallena anuvijjheyyaṃ (sī. syā. kaṃ.  
 pī.)]. tamenāṃ dutiyena sallena anuvēdhaṃ  
 vijjheyya [sallena anuvijjheyyaṃ (sī.), sallena  
 anuvēdhaṃ vijjheyyaṃ (syā. kaṃ.), sallena  
 vijjheyyaṃ (pī.)]. evañhi so, bhikkhave, puriso  
 dvisallena vedanaṃ vedayati. evameva kho,  
 bhikkhave, assutavā puthujjano dukkhāya  
 vedanāya phuṭṭho samāno socati kilamati par-  
 idevati urattāliṃ kandati sammohaṃ āpajjati. so  
 dve vedanā vedayati – kāyikañca, cetasikañca.

"Bhante, our teachings are rooted in the  
 Buddha..." The Buddha said this: "Bhikkhus, an  
 uninstructed ordinary person, being touched by  
 painful feeling, sorrows, is troubled, laments,  
 beats his breast, cries, becomes bewildered. He  
 feels two feelings – bodily and mental. Suppose,  
 bhikkhus, a man were shot by an arrow. He  
 would be shot in the wound by a second arrow.  
 In this way, bhikkhus, the man feels the feeling  
 of two arrows. In just this way, bhikkhus, an un-  
 instructed ordinary person, being touched by  
 painful feeling, sorrows, is troubled, laments,  
 beats his breast, cries, becomes confused. He  
 feels two feelings – bodily and mental.

tassāyeva kho pana dukkhāya vedanāya phuṭṭho  
 samāno paṭighavā hoti. tamenāṃ dukkhāya  
 vedanāya paṭighavantaṃ, yo dukkhāya  
 vedanāya paṭighānusayo, so anuseti. so  
 dukkhāya vedanāya phuṭṭho samāno  
 kāmasukhaṃ abhinandati. taṃ kissa hetu? na hi  
 so, bhikkhave, pajānāti assutavā puthujjano  
 aññatra kāmasukhā dukkhāya vedanāya  
 nissaraṇaṃ, tassa kāmasukhañca abhinandato,  
 yo sukhāya vedanāya rāgānusayo, so anuseti. so  
 tāsāṃ vedanānaṃ samudayañca  
 atthaṅgamañca assādañca ādinavañca  
 nissaraṇaṃ yathābhūtaṃ nappajānāti. tassa  
 tāsāṃ vedanānaṃ samudayañca  
 atthaṅgamañca assādañca ādinavañca  
 nissaraṇaṃ yathābhūtaṃ appajānato, yo  
 adukkhamasukhāya vedanāya avijjānusayo, so  
 anuseti.

"And for him, being touched by painful feeling,  
 there is repulsion. Repelled by this painful  
 feeling, the underlying tendency of repulsion to-  
 wards painful feeling lies behind this. Being  
 touched by painful feeling, he delights in the  
 pleasure of sense-desires. For what reason?  
 Because, bhikkhus, the uninstructed ordinary  
 person does not understand any escape from  
 painful feeling other than the pleasure of sense-  
 desires. And for him, delighting in the pleasure  
 of sense-desires, the underlying tendency of  
 passion towards pleasant feeling lies behind  
 this. He does not understand as it is the origin,  
 the gratification, the danger and the escape of  
 those feelings. For him, not understanding as it  
 is the origin, the gratification, the danger and  
 the escape from those feelings, the underlying  
 tendency of ignorance regarding neither-  
 painful-nor-pleasant feeling lies behind this.

so sukhañce vedanaṃ vedayati, saññutto naṃ  
 vedayati. dukkhañce vedanaṃ vedayati,  
 saññutto naṃ vedayati. adukkhamasukhañce  
 vedanaṃ vedayati, saññutto naṃ vedayati.  
 ayaṃ vuccati, bhikkhave, 'assutavā puthujjano  
 saññutto jātiyā jarāya maraṇena sokehi par-  
 idevehi dukkhehi domanassehi upāyāsehi,  
 saññutto dukkhasmā'ti vadāmi.

"If he feels a pleasant feeling, he feels connected  
 to it. If he feels a painful feeling, he feels con-  
 nected to it. If he feels a neither-painful-nor-  
 pleasant feeling, he feels connected to it. This,  
 bhikkhus, is called: 'an uninstructed ordinary  
 person who is connected to birth, to ageing, to  
 death, to sorrow, to lamentation, to pain, to  
 unhappiness, to trouble – who is connected to  
 suffering', I say.

"sutavā ca kho, bhikkhave, ariyasāvako  
 dukkhāya vedanāya phuṭṭho samāno na socati,  
 na kilamati, na paridevati, na urattāliṃ kandati,  
 na sammohaṃ āpajjati. so ekaṃ vedanaṃ  
 vedayati – kāyikaṃ, na cetasikaṃ.

"Bhikkhus, an instructed noble disciple, being  
 touched by painful feeling, does not sorrow, is  
 not troubled, does not lament, does not beat his  
 breast, does not cry, does not become confused.  
 He feels one feeling – bodily, not mental.

“seyyathāpi , bhikkhave, purisaṃ sallena  
vijjheyya. tamenam dutiyena sallena  
anuvedham na vijjheyya. evañhi so, bhikkhave,  
puriso ekasallena vedanam vedayati. evameva  
kho, bhikkhave, sutavā ariyasāvako dukkhāya  
vedanāya phuṭṭho samāno na socati, na  
kilamati, na paridevati, na urattāliṃ kalandi, na  
sammoham āpajjati. so ekaṃ vedanam vedayati  
– kāyikaṃ, na cetasikaṃ.

"Suppose, bhikkhus, a man were shot by an  
arrow. He would not be shot in the wound by a  
second arrow. In this way, bhikkhus, the man  
feels the feeling of one arrow. In just this way,  
bhikkhus, an instructed noble disciple, being  
touched by painful feeling, does not sorrow, is  
not troubled, does not lament, does not beat his  
breast, does not cry, does not become confused.  
He feels one feeling – bodily, not mental.

tassāyeva kho pana dukkhāya vedanāya phuṭṭho  
samāno paṭighavā na hoti. tamenam dukkhāya  
vedanāya appaṭighavantam, yo dukkhāya  
vedanāya paṭighānusayo, so nānuseti. so  
dukkhāya vedanāya phuṭṭho samāno  
kāmasukham nābhinandati. tam kissa hetu?  
pajānāti hi so, bhikkhave, sutavā ariyasāvako  
aññatra kāmasukhā dukkhāya vedanāya  
nissaraṇam. tassa kāmasukham nābhinandato  
yo sukhāya vedanāya rāgānusayo, so nānuseti.  
so tassa vedanānam samudayañca  
atthaṅgamañca assādañca ādinavaṃ ca  
nissaraṇaṃ yathābhūtam pajānāti. tassa tassa  
vedanānam samudayañca atthaṅgamañca  
assādañca ādinavañca nissaraṇaṃ  
yathābhūtam pajānato, yo adukkhamasukhāya  
vedanāya avijjānusayo, so nānuseti.

"And for him, being touched by painful feeling,  
there isn't repulsion. Unrepelled by this painful  
feeling, the underlying tendency of repulsion to-  
wards painful feeling does not lie behind this.  
Being touched by painful feeling, he does not  
delight in the pleasure of sense-desires. For  
what reason? Because, bhikkhus, the instructed  
noble disciple understands an escape from pain-  
ful feeling other than the pleasure of sense-  
desires. And for him, not delighting in the pleas-  
ure of sense-desires, the underlying tendency of  
passion towards pleasant feeling does not lie be-  
hind this. He understands as it is the origin, the  
gratification, the danger and the escape of those  
feelings. For him, understanding as it is the  
origin, the gratification, the danger and the es-  
cape from those feelings, the underlying tend-  
ency of ignorance regarding neither-painful-  
nor-pleasant feeling does not lie behind this.

so sukhañce vedanam vedayati, visaññutto naṃ  
vedayati. dukkhañce vedanam vedayati,  
visaññutto naṃ vedayati. adukkhamasukhañce  
vedanam vedayati, visaññutto naṃ vedayati.  
ayaṃ vuccati, bhikkhave, ‘sutavā ariyasāvako  
visaññutto jātiyā jarāya maraṇena sokehi par-  
idevehi dukkhehi domanassehi upāyāsehi ,  
visaññutto dukkhasmā’ti vadāmi. ayaṃ kho,  
bhikkhave, viseso, ayaṃ adhippayāso, idaṃ  
nānākaraṇam sutavato ariyasāvakassa  
assutavatā puthujjanenā”ti.

"If he feels a pleasant feeling, he feels unconnec-  
ted to it. If he feels a painful feeling, he feels un-  
connected to it. If he feels a neither-painful-nor-  
pleasant feeling, he feels unconnected to it.  
This, bhikkhus, is called: ‘an instructed noble  
disciple who is unconnected to birth, to ageing,  
to death, to sorrow, to lamentation, to pain, to  
unhappiness, to trouble – who is unconnected to  
suffering’, I say. This, bhikkhus, is the  
distinction, this is the disparity, this is the differ-  
ence between the instructed noble disciple and  
the uninstructed ordinary person.”

“na vedanam vedayati sapañño,

"One with understanding does not feel a feeling,

sukhampi dukkhampi bahussutopi.

Pleasant, painful, one who has learned much.

ayaṃca dhīrassa puthujjanena,

Between the wise, clever one and the ordinary  
person, this

mahā [ayaṃ (syā. kaṃ. ka.)] viseso kusalassa  
hoti..

Is the big difference..

“saṅkhātadhammassa bahussutassa,

"For one who has recognised the Dhamma, one  
who has learned much,

vipassato [sampassato (sī. pī.)] lokamimaṃ  
parañca.

Seeing this world and the next,

iṭṭhassa dhammā na mathenti cittaṃ,

Things that are wished for do not disturb the  
mind,

aniṭṭhato no paṭighātameti..

What isn't wished for isn't repelled..

"tassānurodhā athavā virodhā,	"And for him welcoming or opposing,
vidhūpitā atthagatā na santi.	Are extinguished, brought to an end, do not exist.
padañca ñatvā virajaṃ asokaṃ,	And having understood the stainless, sorrowless place
sammā pajānāti bhavassa pāragū"ti..	The one who has gone beyond being under-stands correctly.."

## PAṬHAMAGELAÑÑASUTTAM

## SN 36:7

ekaṃ samayaṃ bhagavā vesāliyaṃ viharati mahāvane kūṭāgārasālāyaṃ. atha kho bhagavā sāyanhasamayaṃ paṭisallānā vuṭṭhito yena gilānasālā tenupasaṅkami; upasaṅkamitvā paññatte āsane nisīdi. nisajja kho bhagavā bhikkhū āmantesi –	On one occasion the Buddha was living in Vesālī, in the Great Wood, in the Hall of the Peaked House. Then the Buddha emerged from seclusion in the evening and approached the hall for sick people. Having approached, he sat down in the prepared seat. Sitting down, the Buddha addressed the bhikkhus:
"sato, bhikkhave, bhikkhu sampajāno kālaṃ āgameyya. ayaṃ vo amhākaṃ anusāsani.	"Bhikkhus, mindful, aware, a bhikkhu should await his time. This is our instruction to you.
"kathaṇca, bhikkhave, bhikkhu sato hoti? idha, bhikkhave, bhikkhu kāye kāyānupassī viharati ātāpī sampajāno satimā, vineyya loke abhijjhādomanassaṃ; vedanāsu vedanānupassī viharati...pe.... citte cittānupassī viharati...pe.... dhammesu dhammānupassī viharati ātāpī sampajāno satimā, vineyya loke abhijjhādomanassaṃ. evaṃ kho, bhikkhave, bhikkhu sato hoti.	"And how, bhikkhus, is a bhikkhu mindful? Here, bhikkhus, a bhikkhu dwells seeing body in body, ardent, aware, mindful, having removed covetousness-&-unhappiness in the world. He dwells seeing feelings in feelings... He dwells seeing mind in mind... He dwells seeing phenomena in phenomena, ardent, aware, mindful, having removed covetousness-&-unhappiness in the world. In this way, bhikkhus, a bhikkhu is mindful.
"kathaṇca, bhikkhave, bhikkhu sampajāno hoti? idha, bhikkhave, bhikkhu abhikkante paṭikkante sampajānakārī hoti, ālokithe vilokite sampajānakārī hoti, samīñjite pasārite sampajānakārī hoti, saṅghāṭipattacivaradhāraṇe sampajānakārī hoti, asite pīte khāyite sāyite sampajānakārī hoti, uccārapassāvakamme sampajānakārī hoti, gate ṭhite nisinne sutte jāgarite bhāsīte tuṇhibhāve sampajānakārī hoti. evaṃ kho, bhikkhave, bhikkhu sampajānakārī hoti. sato, bhikkhave, bhikkhu sampajāno kālaṃ āgameyya. ayaṃ vo amhākaṃ anusāsani.	"And how, bhikkhus, is a bhikkhu aware. Here, bhikkhus, a bhikkhu, going forwards, going backwards, is one who does this with awareness. Looking forwards, looking back, he is one who does this with awareness. Bending, stretching, he is one who does this with awareness. Taking his outer-robe, bowl and upper-robe, he is one who does this with awareness. Eating, drinking, consuming, tasting, he is one who does this with awareness. Defecating-&-urinating, he is one who does this with awareness. Walking, standing, sitting down, sleeping, waking up, speaking, being silent, he is one who does this with awareness. In this way, bhikkhus, a bhikkhu is aware. Bhikkhus, mindful, aware, a bhikkhu should await his time. This is our instruction to you.

“tassa ce, bhikkhave, bhikkhuno evaṃ satassa sampajānassa appamattassa ātāpino pahitattassa viharato uppajjati sukhā vedanā, so evaṃ pajānāti – ‘uppannā kho myāyaṃ sukhā vedanā. sā ca kho paṭicca, no appaṭicca. kiṃ paṭicca? imeva kāyaṃ paṭicca. ayaṃ kho pana kāyo anicco saṅkhato paṭiccasamuppanno. aniccaṃ kho pana saṅkhataṃ paṭiccasamuppannaṃ kāyaṃ paṭicca uppannā sukhā vedanā kuto niccā bhavissatī’ti! so kāye ca sukhāya ca vedanāya aniccānupassī viharati, vayānupassī viharati, virāgānupassī viharati, nirodhānupassī viharati, paṭinissaggānupassī viharati. tassa kāye ca sukhāya ca vedanāya aniccānupassino viharato, vayānupassino viharato, virāgānupassino viharato, nirodhānupassino viharato, paṭinissaggānupassino viharato, yo kāye ca sukhāya ca vedanāya rāgānusayo, so pahīyati.

"If, bhikkhus, for a bhikkhu who is dwelling mindful, aware, vigilant, ardent, resolute in this way, pleasant feeling arises, he understands it in this way: 'This pleasant feeling has arisen for me. And it is dependent, not independent. Dependent on what? Dependent on this very body. But this body is impermanent, determined, dependently arisen. And because of the impermanent, determined, dependently arisen body, pleasant feeling has arisen. How could it be permanent?' He dwells as one seeing impermanence of the body and of pleasant feeling, he dwells seeing fading away, he dwells seeing dispassion, he dwells seeing cessation, he dwells seeing relinquishment. For one who dwells seeing impermanence of the body and of pleasant feeling, for one who dwells seeing fading away, for one who dwells seeing dispassion, for one who dwells seeing cessation, for one who dwells seeing relinquishment, whatever underlying tendency of passion towards the body and towards pleasant feeling – that is abandoned.

“tassa ce, bhikkhave, bhikkhuno evaṃ satassa sampajānassa appamattassa ātāpino pahitattassa viharato uppajjati dukkhā vedanā. so evaṃ pajānāti – ‘uppannā kho myāyaṃ dukkhā vedanā. sā ca kho paṭicca, no appaṭicca. kiṃ paṭicca? imeva kāyaṃ paṭicca. ayaṃ kho pana kāyo anicco saṅkhato paṭiccasamuppanno. aniccaṃ kho pana saṅkhataṃ paṭiccasamuppannaṃ kāyaṃ paṭicca uppannā dukkhā vedanā kuto niccā bhavissatī’ti! so kāye ca dukkhāya vedanāya aniccānupassī viharati, vayānupassī viharati, virāgānupassī viharati, nirodhānupassī viharati, paṭinissaggānupassī viharati. tassa kāye ca dukkhāya ca vedanāya aniccānupassino viharato...pe.... paṭinissaggānupassino viharato, yo kāye ca dukkhāya ca vedanāya paṭighānusayo, so pahīyati.

"If, bhikkhus, for a bhikkhu who is dwelling mindful, aware, vigilant, ardent, resolute in this way, painful feeling arises, he understands it in this way: 'This painful feeling has arisen for me. And it is dependent, not independent. Dependent on what? Dependent on this very body. But this body is impermanent, determined, dependently arisen. And because of the impermanent, determined, dependently arisen body, painful feeling has arisen. How could it be permanent?' He dwells as one seeing impermanence of the body and of painful feeling, he dwells seeing fading away, he dwells seeing dispassion, he dwells seeing cessation, he dwells seeing relinquishment. For one who dwells seeing impermanence of the body and of painful feeling... for one who dwells seeing relinquishment, whatever underlying tendency of aversion towards the body and towards painful feeling – that is abandoned.



“tassa ce, bhikkhave, bhikkhuno evaṃ satassa sampajānassa appamattassa ātāpino pahitattassa viharato uppajjati adukkhamasukhā vedanā, so evaṃ pajānāti – ‘uppannā kho myāyaṃ adukkhamasukhā vedanā. sā ca kho paṭicca, no appaṭicca. kiṃ paṭicca? imameva kāyaṃ paṭicca. ayaṃ kho pana kāyo anicco saṅkhato paṭiccasamuppanno. aniccaṃ kho pana saṅkhataṃ paṭiccasamuppannaṃ kāyaṃ paṭicca uppannā adukkhamasukhā vedanā kuto niccā bhavissati’ti! so kāye ca adukkhamasukhāya ca vedanāya aniccānupassī viharati, vayānupassī viharati, virāgānupassī viharati, nirodhānupassī viharati, paṭinissaggānupassī viharati. tassa kāye ca adukkhamasukhāya ca vedanāya aniccānupassino viharato...pe.... paṭinissaggānupassino viharato, yo kāye ca adukkhamasukhāya ca vedanāya avijjānusayo, so pahiyati.

“If, bhikkhus, for a bhikkhu who is dwelling mindful, aware, vigilant, ardent, resolute in this way, neither-painful-nor-pleasant feeling arises, he understands it in this way: ‘This neither-painful-nor-pleasant feeling has arisen for me. And it is dependent, not independent. Dependent on what? Dependent on this very body. But this body is impermanent, determined, dependently arisen. And because of the impermanent, determined, dependently arisen body, neither-painful-nor-pleasant feeling has arisen. How could it be permanent?’ He dwells as one seeing impermanence of the body and of neither-painful-nor-pleasant feeling, he dwells seeing fading away, he dwells seeing dispassion, he dwells seeing cessation, he dwells seeing relinquishment. For one who dwells seeing impermanence of the body and of neither-painful-nor-pleasant feeling... for one who dwells seeing relinquishment, whatever underlying tendency of ignorance towards the body and towards neither-painful-nor-pleasant feeling – that is abandoned.

“so sukhañce vedanaṃ vedayati, sā aniccāti pajānāti, anajjhositāti pajānāti, anabhinanditāti pajānāti; dukkhañce vedanaṃ vedayati, sā aniccāti pajānāti, anajjhositāti pajānāti, anabhinanditāti pajānāti; adukkhamasukhañce vedanaṃ vedayati, sā aniccāti pajānāti, anajjhositāti pajānāti, anabhinanditāti pajānāti. so sukhañce vedanaṃ vedayati, visaññutto naṃ vedayati; dukkhañce vedanaṃ vedayati, visaññutto naṃ vedayati; adukkhamasukhañce vedanaṃ vedayati, visaññutto naṃ vedayati. so kāyapariyantikaṃ vedanaṃ vedayamāno ‘kāyapariyantikaṃ vedanaṃ vedayāmi’ti pajānāti, jīvitapariyantikaṃ vedanaṃ vedayamāno ‘jīvitapariyantikaṃ vedanaṃ vedayāmi’ti pajānāti. ‘kāyassa bheda uddham jīvitapariyādānā idheva sabbavedayitāni anabhinanditāni sītibhavissanti’ti [sītibhavissantīti (sī. pī. ka.)] pajānāti.

“If he feels a pleasant feeling, he understands: ‘This is impermanent’, he understands: ‘It is not attached’, he understands: ‘It is not delighted in’. If he feels a painful feeling, he understands: ‘This is impermanent’, he understands: ‘It is not attached’, he understands: ‘It is not delighted in’. If he feels a neither-painful-nor-pleasant feeling, he understands: ‘This is impermanent’, he understands: ‘It is not attached’, he understands: ‘It is not delighted in’. If he feels a pleasant feeling, he feels unconnected to it. If he feels a painful feeling, he feels unconnected to it. If he feels a neither-painful-nor-pleasant feeling, he feels unconnected to it. Feeling a feeling that contained within the body, he understands: ‘I feel a feeling contained within the body’. Feeling a feeling contained within life, he understands: ‘I feel a feeling contained within life’. He understands: ‘With the break up of the body, after the ending of life, all that is felt, which is not delighted in, will become cool right here’.

“seyyathāpi, bhikkhave, telañca paṭicca vaṭṭiñca paṭicca telappadīpo jhāyeyya, tasseva telassa ca vaṭṭiyā ca pariyādānā anāhāro nibbāyeyya; evameva kho, bhikkhave, bhikkhu kāyapariyantikaṃ vedanaṃ vedayamāno ‘kāyapariyantikaṃ vedanaṃ vedayāmi’ti pajānāti, jīvitapariyantikaṃ vedanaṃ vedayamāno ‘jīvitapariyantikaṃ vedanaṃ vedayāmi’ti pajānāti. ‘kāyassa bheda uddham jīvitapariyādānā idheva sabbavedayitāni anabhinanditāni sītibhavissanti’ti pajānāti”ti.

“Suppose, bhikkhus, dependent on oil and a wick, an oil-lamp would burn. And with the ending of that very oil and wick, without fuel, it would be extinguished. In just this way, bhikkhus, feeling a feeling contained within the body, a bhikkhu understands: ‘I feel a feeling contained within the body’. Feeling a feeling contained within life, he understands: ‘I feel a feeling contained within life’. He understands: ‘With the break up of the body, after the ending of life, all that is felt, which is not delighted in, will become cool right here’.”

“tisso imā, bhikkhave, vedanā aniccā saṅkhatā paṭiccasamuppannā khayadhammā veyyadhammā virāgadhammā nirodhadhammā. katamā tisso? sukhā vedanā, dukkhā vedanā, adukkhamasukhā vedanā – imā kho, bhikkhave, tisso vedanā aniccā saṅkhatā paṭiccasamuppannā khayadhammā veyyadhammā virāgadhammā nirodhadhammā”ti.

"Bhikkhus, these three feelings are impermanent, determined, dependently arisen, of the nature to be destroyed, of the nature to pass away, of the nature to fade away, of the nature to cease. Which three? Pleasant feeling, painful feeling, neither-painful-nor-pleasant feeling. Bhikkhus, these are the three feelings that are impermanent, determined, dependently arisen, of the nature to be destroyed, of the nature to pass away, of the nature to fade away, of the nature to cease.

## PHASSAMŪLAKASUTTAM

## SN 36:10

“tisso imā, bhikkhave, vedanā phassajā phassamūlakā phassanidānā phassapaccayā. katamā tisso? sukhā vedanā, dukkhā vedanā, adukkhamasukhā vedanā. sukhavedaniyaṃ, bhikkhave, phassaṃ paṭicca uppajjati sukhā vedanā. tasseeva sukhavedaniyassa phassassa nirodhā, yaṃ tajaṃ vedayitaṃ sukhavedaniyaṃ phassaṃ paṭicca uppannā sukhā vedanā, sā nirujjhati, sā vūpasammati.

"Bhikkhus, these three feelings are born of pressure, rooted in pressure, founded on pressure, supported by pressure. Which three? Pleasant feeling, painful feeling, neither-painful-nor-pleasant feeling. Bhikkhus, because of a pressure that is to be felt as pleasant, pleasant feeling arises. With the cessation of that very pressure that is to be felt as pleasant, that corresponding pleasant feeling that has arisen because of the pressure that is to be felt as pleasant – that ceases, that subsides.

dukkhavedaniyaṃ, bhikkhave, phassaṃ paṭicca uppajjati dukkhā vedanā. tasseeva dukkhavedaniyassa phassassa nirodhā, yaṃ tajaṃ vedayitaṃ dukkhavedaniyaṃ phassaṃ paṭicca uppannā dukkhā vedanā, sā nirujjhati, sā vūpasammati.

Bhikkhus, because of a pressure that is to be felt as painful, painful feeling arises. With the cessation of that very pressure that is to be felt as painful, that corresponding painful feeling that has arisen because of the pressure that is to be felt as painful – that ceases, that subsides.

adukkhamasukhavedaniyaṃ, bhikkhave, phassaṃ paṭicca uppajjati adukkhamasukhā vedanā. tasseeva adukkhamasukhavedaniyassa phassassa nirodhā, yaṃ tajaṃ vedayitaṃ adukkhamasukhavedaniyaṃ phassaṃ paṭicca uppannā adukkhamasukhā vedanā, sā nirujjhati, sā vūpasammati.

Bhikkhus, because of a pressure that is to be felt as neither-painful-nor-pleasant, neither-painful-nor-pleasant feeling arises. With the cessation of that very pressure that is to be felt as neither-painful-nor-pleasant, that corresponding neither-painful-nor-pleasant feeling that has arisen because of the pressure that is to be felt as neither-painful-nor-pleasant – that ceases, that subsides.

seyyathāpi, bhikkhave, dvinnamaṃ kaṭṭhānaṃ saṅghaṭṭanasamodhānā [saṅkhattā tassa samodhānā (syā. kaṃ.) saṅghattā tassa samodhānā (ka.) saṃ. ni. 2.62 passitabbaṃ] usmā jāyati, tejo abhinibbattati. tesāmyeva kaṭṭhānaṃ nānābhāvā vinikkhepā, yā tajaṃ usmā, sā nirujjhati, sā vūpasammati. evameva kho, bhikkhave, imā tisso vedanā phassajā phassamūlakā phassanidānā phassapaccayā. tajaṃ phassaṃ paṭicca tajaṃ vedanā uppajjanti. tajaṃ phassassa nirodhā tajaṃ vedanā nirujjanti”ti.

"Bhikkhus, just as when two sticks are brought together, rubbed together, heat arises, fire is born, but when those very sticks are separated, laid down, whatever resultant heat there was – that ceases, that subsides. In just this way, bhikkhus, these three feelings are born of pressure, rooted in pressure, founded on pressure, supported by pressure. Because of the appropriate pressure, the corresponding feelings arise. With the cessation of the appropriate pressure, the corresponding feelings cease.